



PINEAPPLE JUICE, UNSWEETENED, CANNED

Date: April 2009

Code: A286

PRODUCT DESCRIPTION

- Canned unsweetened pineapple juice is 100% fruit juice with no added sugar or sweeteners.
- Pineapple juice has added ascorbic acid (vitamin C).

PACK/YIELD

- Pineapple juice is packed in 46 ounce cans, which is about 11 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- After opening, store juice in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Pineapple juice can be served as a beverage, chilled on its own, or used as a base for punch.
- Blend pineapple juice with other fruit, yogurt, and ice for a fruit smoothie.
- Mix ½ cup juice with ½ cup seltzer or soda water to make a sweet fruity beverage.
- Use as part of a marinade for vegetables, meats, and fish.

NUTRITION INFORMATION

- ½ cup pineapple juice provides ½ cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruits.
- ½ cup of pineapple juice provides 50% of the recommended daily amount for vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned juice has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (4oz) canned pineapple juice

Amount Per Serving

Calories	70	Calories from Fat	0
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 5mg		0%	
Total Carbohydrate 16g		5%	
Dietary Fiber 0g		0%	
Sugars 12g			
Protein 0g			
Vitamin A 0%		Vitamin C	40%
Calcium 2%		Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

PINEAPPLE BERRY SMOOTHIE**MAKES 6 SERVINGS****Ingredients**

- 1 can (about 15 ounces) crushed pineapple in juice, undrained
- 1 cup vanilla nonfat yogurt
- 1 medium banana
- 1 cup pineapple juice
- ½ cup frozen strawberries or raspberries
- ½ cup ice cubes

Directions

1. Combine pineapple, yogurt, banana, pineapple juice, berries, and ice cubes in blender.
2. Blend until smooth.

Nutrition Information for 1 serving of Pineapple Berry Smoothie					
Calories	140	Cholesterol	0 mg	Sugar	24 g
Calories from Fat	0	Sodium	30 mg	Protein	3 g
Total Fat	0 g	Total Carbohydrate	33 g	Vitamin A	4 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	21 mg
				Calcium	100 mg
				Iron	1 mg

*Recipe adapted from Dole.com.***PINEAPPLE GAZPACHO****MAKES 5 SERVINGS****Ingredients**

- 3 cups canned pineapple chunks, divided
- 1 cucumber, peeled, seeded, and chopped, divided
- 1 cup bell pepper, chopped and divided
- ¾ cup onion, chopped and divided
- 1 ¼ cups pineapple juice
- 2 tablespoons Italian dressing
- 2 tablespoons sugar
- 2 tablespoons fresh cilantro, chopped (if you like)
- 1 teaspoon jalapeño, chopped (if you like)

Directions

1. Combine 1 cup pineapple chunks, ½ cup cucumber, ½ cup bell pepper, and ⅓ cup onion in medium bowl; set aside.
2. Combine remaining pineapple chunks, cucumber, bell pepper, onion, pineapple juice, Italian dressing, and sugar in blender. If using cilantro and jalapeño, add that too. Cover; blend until smooth. Stir into pineapple mixture.
3. Cover and refrigerate 2 hours or until chilled.

Nutrition Information for 1 serving of Pineapple Gazpacho					
Calories	190	Cholesterol	0 mg	Sugar	29 g
Calories from Fat	20	Sodium	100 mg	Protein	2 g
Total Fat	2 g	Total Carbohydrate	45 g	Vitamin A	14 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	100 mg
				Calcium	50 mg
				Iron	1 mg

Recipe adapted from Dole.com.